

5 a Day-Power Play! News



Make Family Time Active Time

Improve your energy level! Reduce your stress! Control your weight! Lower your risk of cancer, heart disease, osteoporosis, and diabetes! How? By increasing the amount of physical activity you do. The best news is that all of these benefits can begin with moderate activity. Activities that make you breathe as hard as you would during a brisk walk are considered moderate. This includes things like walking, biking, even housework and gardening. And if you enjoy more vigorous activities, that's great too! What is important is that everyone be more active everyday. It's never too late to start.

(Source: American Cancer Society)

**What do you enjoy doing
to stay active?**

*What counts as moderate levels
of physical activity?*

- Walking, dancing, & yoga
- Leisurely bicycling, roller skating & horseback riding
- Golfing, softball, baseball, doubles tennis, & downhill skiing
- Mowing the lawn, general lawn & garden maintenance
- Stretching & lifting

**Remember, children & adults need at
least 5 serving of fruits & vegetables
& 60 minutes of physical activity
everyday for better health!**

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Did you know that...?

- Bananas are the most popular fruit in America
- About 2,500 known varieties of apples are grown in the US
- The winner of an athletic event in ancient Greece was given a bunch of celery, much like flowers are given today

(Source: Dole 5 a Day)

Pump Up Your Family's Energy

**Did you know that being
physically active daily...**

- Increases fitness levels & keeps the heart & lungs healthy
- Builds & maintains healthy bones, muscles, & joints
- Boosts energy & promotes sound sleep
- Helps everyone feel good about themselves in general

**Ways to move by doing things
you enjoy:**

- Ride a bike or walk the dog
- Roller skate, scooter, or in-line skate
- Play sports, swim, jump rope, or jog in place
- Mow the grass, rake the lawn, or clean the house
- Take stairs instead of the elevator

**Be a role model for your kids & eat
healthy & be active every day**

Whatever you do...Just Move It!

For more information about
the **5 a Day-Power Play!**
Campaign,

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Or visit our website at
www.sbcounty.gov/eatwell